

I CLAIM:

1. A shoe sole comprising:
a heel portion and a front portion, and
a resilient cushioning device engaged in said heel portion of
5 said shoe sole for cushioning heel portions of users,

said resilient cushioning device including a lower frame
member, and an upper frame member supported above said lower
frame member, and suspended in said shoe sole, to provide a
resilience to cushion and support the heel portions of the users.

10 2. The shoe sole as claimed in claim 1, wherein said lower and
said upper frame members include an intermediate portion coupled
together.

3. The shoe sole as claimed in claim 1 further comprising a
resilient member engaged between rear portions of said lower frame
15 member and said upper frame member, to cushion said rear portion
of said lower frame member.

4. The shoe sole as claimed in claim 1 further comprising a
resilient member engaged between front portions of said lower
frame member and said upper frame member, to cushion said front
20 portion of said upper frame member.

5. The shoe sole as claimed in claim 1, wherein said lower
frame member includes a rear portion having a U-shaped structure.

6. The shoe sole as claimed in claim 1, wherein said lower
frame member includes a front portion having a flat planar
25 structure.

7. The shoe sole as claimed in claim 1, wherein said upper
frame member includes a rear portion having a O-shaped structure.

8. The shoe sole as claimed in claim 1, wherein said upper frame member includes a front portion having a flat planar structure.

9. The shoe sole as claimed in claim 1, wherein said upper
5 frame member includes a front portion having an opening formed therein.